

Missouri State University Notes

Honey Breads

Brown bread. One-half cup of honey, one cup of flour, one cup of sour milk or buttermilk, three cups of graham flour, one teaspoon of soda. Nuts and raisins may be added if desired.

Soft ginger bread. Half a cup of sugar, one cup of extracted honey (or molasses), half a cup of butter, one teaspoon each of cloves, ginger and cinnamon, two teaspoons of soda dissolved in one cup of boiling water, two and a half cups flour. Add two well-beaten eggs the last thing before baking.

Honey Muffins. One pint of flour, two teaspoons of baking powder, one-half teaspoon of salt, sifted four times; yolks of two eggs beaten lightly, one and a fourth cups of cream, Beat Beat thoroughly then fold in lightly the well-beaten whites of two eggs and two tablespoons of extracted honey. Bake in muffin pans and serve while hot.

These and numerous other uses of honey are included in Bulletin 138 on Farm Bookkeeping, just published by the Missouri Agricultural Experiment Station. This 40 page bulletin deals mainly with general bookkeeping rather than with the cook-book information which has been clipped.

Separator or Cocks

"The farmer who uses a cream separator obtains as much milk from four cows as could be obtained from five cows where cream is raised in a pan," says J. H. C. H. of the Missouri College of Agriculture. The separator method gets 25 per cent more cream from the milk and this will pay for a separator in a year in a dairy herd of ten or more cows. As the cream is separated while fresh and sweet, ripening can be controlled and butter of much better grade can be secured than if the cream is raised by gravity. The use of a separator lightens the work for the housewife. The machine is kept in a small room adjoining the barn and only the separator parts are brought from the house. These instead of numerous pans and cocks are returned to the kitchen for washing after the fresh skim milk has been added to the calves and pigs.

A well made separator will last for five years, in spite of the fact that it is put into service twice a day. The separator should run for from four to six years for repairs, if reasonable care is used.

Buttonholes that Last

"If well made, a buttonhole should wear as long as the garment," says Miss Addie D. Root of the Missouri College of Agriculture. "There is no excuse for the buttonhole that soon breaks through at the end and leaves a slit twice as great as the diameter of the button."

To make a good buttonhole, begin the slit about a quarter of an inch in from the edge. Cut on a thread through both sides all thicknesses of the cloth, making the slit the length of the diameter of the button to be used. Use a thread a little heavier than the cloth in which the buttonhole is worked and of sufficient length to complete it. The needle should be as fine as will carry the thread.

In working a buttonhole, first put in two or more stitches across the lower end of the slit to keep it from stretching. Then take two or more stitches down the side, across the end and up the other side, a sixteenth of an inch from the edge, bringing the needle out at the starting point. This will strengthen the buttonhole. In overcasting the edges, sink the stitch a thread beyond this stranding. Four or five overcasting stitches on each side are sufficient to prevent raveling and to keep the strands in place. The last stitch in overcasting should bring the needle out at the end of the slit ready to begin working the buttonhole.

In taking the buttonhole stitch, the needle should be brought through to the back of the work, deep enough to cover all stitches that have been made before and prevent pulling out. Before pulling through, make the buttonhole by taking the thread over the eye of the needle and carrying it around the point of the needle in the direction in which you are sewing. When the end is reached, take seven or nine overcasting stitches, making a fan, if a round button is desired. Continue down the other side. If a bar is used, put the needle into the opposite purl at the end of the slit, draw the two sides together and make several long stitches the length of the width that the buttonhole is cut. Work the bar across the end, working from left to right with the blanket stitch. Finish by taking a few tiny stitches on the wrong side.

Would Reduce Cost in Woman's Dress
That the elimination of competition, the reduction of expense and the promotion of hygienic conditions in women's clothing depends upon the adop-

tion of a standardized dress for women, is the idea followed by the department of home economics of the University of Missouri at Columbia in devising a standardized garment. The new dress is intended for all women on all occasions, variations coming only in fabric and color.

The present style of woman's dress, on a competitive basis, produces an enormous annual waste, both by frequent changes and added material, says Miss Ethel Ronzone, who designed the standardized dress. Women spend too much time not only in selecting garments but in making over those that are no longer appropriate on account of changes in popular style. Dress is woman's stock in trade, used to show pecuniary standing and sex attraction under present conditions, Miss Ronzone says.

Hygienic conditions are considered as well as economy in the dress designed by the instructor at M. U. In design, it is a two-piece garment, with the skirt suspended by an undervest to prevent compression at the waist. The skirt is of four pieces, about two and a half to three yards around the bottom and reaching within four and a half to six inches of the floor. The waist is a modified form of the Russian blouse, hanging straight with a very loose belt or with the fullness gathered in a belt and the lower part cut in the form of a peplum. It is simple and easy to make, and one can be cut by any woman with a fair knowledge of sewing, Miss Ronzone says.

The standardized dress is not radically unlike the prevailing styles in appearance. Almost every girl in the sewing and clothing classes has made one or more of the standardized dresses and many of the girls and all of the instructors wear them. It is certain that the woman of the home economics department cannot be readily recognized by their clothes.

Stock Parade Shows the Value of Good Sires

Probably no parade in the world has ever represented so many prize-winning and state and world-record animals bred by one educational institution as that seen by Farmers' week visitors at the College of Agriculture of the University of Missouri at Columbia last week.

The parade was to show that what the College of Agriculture has done, with a few good animals, any individual breeder of moderate means may do. The entire Hampshire flock, for example, was bred from three Hampshire ewes, and the Holstein herd, one of the finest in the country, was descended from three cows purchased for about \$500 in 1902. This herd now includes thirty-six cows that could not be replaced for \$10,000 and that have produced surplus stock which sold for \$6,218 in cash, while the milk more than supported the herd.

The parade was led by Honorable, the imported Percheron stallion—a sire of many prize-winners, followed by 16 other draft horses. Among these was Josephine 32,564 and three of her foals which are owned by the College of Agriculture. Three others have been sold for \$1,100.

Among the dairy cows was Grace Briggs, probably the holder of the world's long-distance record. So far as is known, no other cow has ever equalled her production of nearly 112,000 pounds of milk and 6,000 pounds of butter in sixteen years that she has been in milk. She was bred by the dairy department of the college.

With the exception of one animal, all the Hereford cattle in the parade were those raised on the University farm. The larger part of the herd is descended from two cows purchased in 1904.

Among the sheep, the most striking lesson was in the exhibit of the different crosses of a medium-priced, pure-bred ram and grade western ewes. The daughters and granddaughters of the typical, ninety-pound western ewes looked so much like the pure-bred sheep that in many cases they could hardly be distinguished.

The entire parade was designed to show the value of good sires on the stock farm.

Women of Sedentary Habits

Women who get but little exercise are likely to be troubled with constipation and indigestion and will find Chamberlain's Tablets highly beneficial. Not so good as a three or four mile walk every day, but very much better than to allow the bowels to remain in a constipated condition. They are easy and pleasant to take and most agreeable in effect. Obtainable everywhere. (adv.)

Dark Wayfarer: Does I know where de Fo'th National Bank is? Why, boss, I don't even know where is de First Na'nal Bank!—Life.

Government Live Stock Report

Washington, D. C., Jan. 18.—A summary of estimates of numbers and values of live stock on farms and ranges on January 1 for Missouri and for the United States, compiled by the Bureau of Crop Estimates (and transmitted through the Weather Bureau), U. S. Department of Agriculture, is as follows:

Horses.

State—Number 1,080,000, compared with 1,095,000 a year ago and 1,084,000 five years ago. Value per head \$90, compared with \$88 a year ago and \$109 five years ago.

United States—Number 21,200,000, compared with 21,195,000 a year ago and 20,277,000 five years ago. Value per head \$101.60 compared with \$103.33 a year ago and \$111.46 five years ago.

Mules.

State—Number, 329,000, compared with 329,000 a year ago and 336,000 five years ago. Value per head \$99, compared with \$98 a year ago and \$123 five years ago.

United States—Number, 4,560,000, compared with 4,479,000 a year ago and 4,323,000 five years ago. Value per head \$113.87, compared with \$112.36 a year ago and \$125.92 five years ago.

Milch Cows.

State—Number 837,000, compared with 797,000 a year ago and 856,000 five years ago. Value per head \$54.40, compared with \$54.50 a year ago and \$39.50 five years ago.

United States—Number, 22,000,000, compared with 21,262,000 a year ago and 20,823,000 five years ago. Value per head \$53.90, compared with \$53.33 a year ago and \$39.97 five years ago.

Other Cattle.

State—Number, 1,560,000, compared with 1,414,000 a year ago and 1,671,000 five years ago. Value per head \$38.90, compared with \$37.90 a year ago and \$24.60 five years ago.

United States—Number, 39,500,000, compared with 37,067,000 a year ago and 39,679,000 five years ago. Value per head \$33.49, compared with \$33.38 a year ago and \$20.54 five years ago.

Sheep.

State—Number, 1,420,000, compared with 1,490,000 a year ago and 1,847,000 five years ago. Value per head \$5.80, compared with \$5.00 a year ago and \$4.34 five years ago.

United States—Number, 49,200,000, compared with 49,956,000 a year ago and 53,633,000 five years ago. Value per head \$5.17, compared with \$4.50 a year ago and \$3.91 five years ago.

Swine.

State—Number, 4,500,000, compared with 4,250,000 a year ago and 4,882,000 five years ago. Value per head \$7.10, compared with \$8.10 a year ago and \$8.60 five years ago.

United States—Number, 68,000,000, compared with 64,618,000 a year ago and 65,620,000 five years ago. Value per head \$8.40, compared with \$9.87 a year ago and \$9.37 five years ago.

SILLAGE FOR HORSES

During the recent Farmers' Week at the Missouri College of Agriculture, E. H. Hughes, of the Department of Animal Husbandry, discussed experiments made to determine the possibilities of using silage for horses. He concludes that silage may be fed in limited quantities if care is exercised, but calls attention to the fact that the horse cannot consume the large quantities of roughness used by the steer or cow, and that the amount of silage given to horses on full feed must be limited. Silage is especially useful in wintering mature horses or mules which are not doing more than ordinary work and are not expected to become fat enough for the market.

Just as the clergyman was about to enter the pulpit to conduct the service, a couple from a nearby town presented themselves, making known their anxiety to be married as quickly as possible. The clergyman, an extremely methodical man, replied that he could not oblige at that moment, but that immediately upon the conclusion of the service he would take pleasure in making them man and wife.

So, after some demurring, the couple seated themselves in the rear of the church. When the minister had finished his remarks he cleared his throat and made the following announcement:

"The parties who are to be joined in matrimony will present themselves at the chancel immediately after the singing of hymn 425, 'Mistaken Souls that Dream of Heaven.'—Exchange.

Mabel: I don't think much of the close of that sermon, father.

Father: No? You were probably thinking more of the clothes of the congregation, my dear.—Judge.

A MODERN THETIS

By IZOLA FORRESTER.

Judy was nineteen, Judy of Rest Awhile farm, brown haired, brown eyed, freckled, slender and graceful as a silver birch, with all the obstinacy and pertinacity of the Gregorys concentrated in her general make-up.

Judy ran up the worn cow path to the fringe of birchwood and slipped into it, bound for the sculptor's house. Ever since early summer it had been the house of wonder to her, the place where beauty was a real tangible thing, not a vague idea. First she had been sent with eggs and butter and fresh milk to him. His mother had led Judy down the lane to the studio he had made of an old woodshed. Here she had seen him first, working among his beautiful silent figures and after the first few visits he had asked her to let him use her hands for his statue of "Diana Holding a Young Fawn."

"You have perfect hands, Judith," he told her in his absent-minded, impersonal way. "You must let me make casts of them."

Judy nodded understandingly. She had always admired her hands.

"I like them," she said to him. "I don't think it's wrong to like them myself, do you? The rest of me doesn't match them, you see."

Then Whitney had looked at her for the first time, really looked at her slowly, deliberately, with artistic approval.

"I think you're all right," he had said. "I'd like to use your head for my Thetis. It has all of her elusive challenge."

Judy had never heard of Thetis, but in among the old high school books was an old work on mythology, and here Judy read of the elusive lady and her pursuing, changeable wooer, and it delighted her heart. Woosers should pursue, she believed, and should be given a hard chase, not just come along some day when they felt like it and tell one's mother they were willing to marry you the way Hale Tuttle was doing that very afternoon. It had been such a wonderful summer and autumn posing for Thetis' head and Diana's hands and some Egyptian girl who stood among lotus leaves and fed the sacred crocodiles from her perfect hands. She had forgotten all about Hale and his general intentions which had been made manifest toward her for years. Hale just seemed sort of comical when you measured him up beside the Greek gods and Whitney Dewing.

Judy turned breathlessly into the lane to the little house among the maples and hesitated just for a second. A black roadster stood under the trees, and Mrs. Dewing had the tea table out on the veranda. Judy's quick eye saw Whitney strolling back through the lane from the studio with a tall girl in a long gray cloak.

"Come here, Judy, won't you, and join us?" called Mrs. Dewing. "You have just seen the statues, Alice, but here is the real, live little Thetis. I don't know what Whitney would have done without her."

Judy smiled, with the Gregory pluck even in defeat. And all at once, as she sat there drinking tea with them all, hearing them make plans for the wedding before Christmas—all at once Judy opened her brown eyes wider than usual and announced:

"I'm going to be married, too. Oh, I've been engaged for years, off and on. No, indeed, the same one," blushing at Whitney's rallying teasing.

"He's Judge Tuttle's only son, and—bravely—I've always liked him best of anybody."

"Hale Tuttle?" queried Whitney. "Really, Judith? That big, fine-looking chap with the curly hair who superintended the work on the state road over here?"

Judy nodded proudly.

And just then it occurred to her all at once that she had not told Hale yet, that Hale was lingering on back home, waiting for an answer, while she had run away to find the trail of romance, and lo, it only circled around and led back over the cow path through the silver birch wood to Rest Awhile farm, and Hale waiting for her.

"Did you enjoy posing?" Alice asked.

"I did for Thetis," Judy answered happily. "I liked her changing into so many different forms, but she had to be herself at last. I guess we all do. I must hurry back. Hale's waiting for me."

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Habit of Promptness.

Occasionally, of course, with the best of intentions delays occur that cause us to keep others waiting. It is always a good plan, therefore, when you are going to meet somebody in a strange place to arrange beforehand that if you are detained you will telephone to some point to which the person you are going to meet can telephone—and so you can let each other know what has happened.

Harmony.

Willie—The dresses this season are to be very short, dearie.

Hubby—Then they'll just match my pocket, pet.

The Time Card of Electric Railway

The frequency of inquiries regarding the time of the comings and goings of the interurban cars, to and from Farmington, indicate that the publication of a card giving such data would prove to be not only interesting, but most important data for many of our readers. The Times, therefore, gives the time of leaving of the interurban for different points throughout the day, and we would suggest that you cut this out and paste it in your hat, or paste it on the wall, where it will be convenient for use when wanted. We also print herewith the time of leaving of Iron Mountain trains:

5:52 A. M. for St. Louis via Flat River.
7:27 A. M. for Elvins.
8:57 A. M. for Bonne Terre.
10:15 A. M. for Doe Run.
2:26 P. M. for St. Louis.
4:53 P. M. for Bonne Terre.
6:33 P. M. for Elvins.

TIME CARD I. M. RY.

7:00 A. M.—Local.
12:08 P. M., South Bound Passenger.
1:46 P. M.—North Bound Passenger.

The Time Table of the Electric Railroad and "Travelers' Guide" is published every week in The Times, and you may always know when cars leave and arrive by referring to it.

Health Guards

Furnished by the Department of Preventive Medicine, University of Missouri, Columbia, Mo.

Care of Sick

The widespread prevalence of sickness throughout the country suggests some simple rules for taking care of the sick. Not every person can have a well-trained nurse. The majority of patients must be taken care of by members of the family. The following suggestions may be helpful:

The sick room should contain little furniture. All surplus rugs, draperies and furnishings should be removed. This gives more space and makes disinfection easier after the sickness is over.

All cases of sickness, including pneumonia and catarrhal infections, do best in a cool, well ventilated room. Ventilation without draft should be provided for by means of window boards or similar devices to throw the air up toward the ceiling. The patient should be kept clean and quiet. A single thin garment, such as a night gown or nightshirt, is all that is needed. The building up of sick persons with plasters, rags and woolen is bad from every standpoint.

Patients should not be annoyed by having to ask for everything. At the same time, they should not be asked every few minutes whether they wish something. The nurse, guided by the physician, should know what the patient needs and supply it at the proper time.

Visiting is, as a rule, to be tabooed. When conversation is necessary, it should be in a moderate tone of voice without excitement. Whispering is generally worse than loud talking. Food, prepared well and daintily, should be brought to the patient at the necessary time. The patient should not be asked what he wishes to eat.

The sick person should not be annoyed by hard-luck stories, either the personal experience of the nurse or of the neighbors.

The nurse should invariably obey the instructions of the physician.

If the disease is one in which the sputum carries the contagion, the sputum should be promptly disinfected by burning, if possible. Handkerchiefs should either be burned at

once or dropped into boiling water. All diseases are more contagious by direct contact than otherwise. The nurse should always remember the danger of spreading the infection to other persons and endeavor to prevent it.

Arnold Schumer of Rube's bar received by parcels post a large bald eagle last Thursday from Oswald Palisch of Altenburg which was killed by him in the river hills below Altenburg. The wings measured 7 feet from tip to tip and the bird weighed 11 pounds. Taxidermist Schumer will mount the bird and it will be placed on exhibition at Rube's bar in the Mecker building.—Perryville Republican.

Whole Family Benefited By Wonderful Remedy

There are many little things to annoy us, under present conditions of life. The hurry, hard work, noise and strain all tell on us and tend to provoke nervousness and irritability. We are frequently so worn out we can neither eat, sleep nor work with any comfort. We are out of line with ourselves and others as well.

A good thing to do under such circumstances is to take something like

Dr. Miles' Anti-Pain Pills
to relieve the strain on the nerves. Mrs. J. B. Hartsfield, 33 Plum St., Atlanta, Ga., writes:

"I have on several occasions been vastly relieved by the use of your medicine, especially the Anti-Pain Pills, which I keep constantly on hand for the use of myself, husband and two sons. Nothing in the world equals them as a headache remedy. Often I am enabled by the use of one or two of the pills to continue my housework when otherwise I would be in bed. My husband joins me in my praise of the Anti-Pain Pills and Nerveine."

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are relied upon to relieve pain, nervousness and irritability in thousands of households. Of proven merit after twenty years' use, you can have no reason for being longer without them.

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